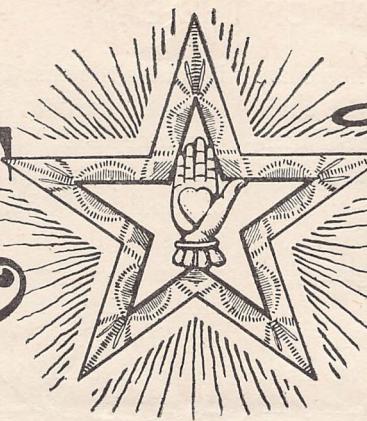


# STAR OF THE EAST



*A New Thought Journal issued monthly for the help of self and others by the practice of systematic concentration of mind; in Unity with the Universal Soul*

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## The Oneness with God.

God and Man are one, the visible and invisible are one, past, present and future are one, and in all on every plane this is the life which is manifested. Man can not fully realize this until he has been freed from the confinement in which he is held by the external senses because they present that only which is perceived by them.

It is therefore true what the Bible says, "that the flesh cannot comprehend what belongs to the spirit," and it was this Christ, through Jesus, meant to teach His disciples when He said, "Cast not pearls before swine."

The oneness with God can only be realized by the soul, and as soon as we can turn our attention away from external surroundings and life within, we will have revealed to us what is meant by the oneness of all with all.

We have tried in the past to help humanity to understand this, as human nature wants both the higher and the lower, but it does not want to obtain it in the order the law prescribes, which is that we must live of and upon the plane whose light we are seeking. The race wishes to live in the manner which best suits the external senses and under such enjoyments and comforts, become wise, such can not be when it comes to spiritual wisdom, such wisdom brings us closer in contact with God the Consciousness.

Mankind will not, nor can not, let go of its lower attachments which holds it captive to such an extent that it can not see the real from the unreal, and this condition of the mind is the barrier between the consciousness of man its relation to God, and the realization thereof.

In the present condition in which humanity is, hearing, speaking and reading about God and man, makes it believe that it knows all about this, by these external means, when in fact nothing has become knowledge until we live it and can so manifest the truth of it.

There are people who have read and studied from childhood, but when it comes to practical knowledge they have none and could not give you any help whatsoever. The knowledge of the Oneness with God must be experience and that we receive when we give our mind to higher thoughts and turn our attention away from the external surrounding with its external worship.

When we close our eyes to the surface of things and enter into their inner life, we will see God within and come into the blending oneness with all. This truth the late **Swami Vivekananda** endeavored to teach to his students by saying in one of his lessons, "We want to worship a living God, I have seen nothing but God all my life, nor have you.

To see this chair you first see God, and then the chair, in and through Him. He is there day and night, saying: 'I am.' The moment you can truly say 'I am' you are knowing existence.

Where shall you go to find God if you can not find Him in your heart? Thou art the man, Thou art the woman, Thou art the girl, Thou art the boy, Thou art the old man tottering on a stick. Thou art the young man walking in the pride of his strength.

He is all that which exists, a wonderful living God, who is the only fact in the Universe."

We can never realize this until our mind is turned within things, instead of looking at them from the exterior, and judge them from the outer. We read in "**Kali the Mother**," by **Sister Nivedita**, "Nature itself is God as truly as it is nature, and Nature's souls. Art God and Nature in strife? cries not only one great poet, but the heart of the whole western religion of today.

Back from far out of the dim centuries the hushed whispers of the Indian Sages—"Look closer, my brother: They are not even two, but one." Under this aspect the one existence is Soul and Energy."

If we could but be still while looking into the face of the flower and let it take us over the great span of earth and other stars, all would from within speak to us of the Father, and motherhood of God, and we would see the creators of all in ourselves, and there would be blending peace and harmony within us, and it being within us it would manifest itself around us.

Hermes Trismigistus says, "God the Father is Life

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and Light in all, of which man is made; when man learns to know himself as Life and Light, he shall again pass into all Life." This is the oneness with God, and there alone is the peace our souls are seeking.

To the Temple students, and all those who have begun to realize the higher life, and all Pilgrims, of which I am one, a few words.

The only way we can meet is in the soul when we retire within ourselves, and the centers we make are those which our aspirations have prepared, and to those we attract more consciousness.

Let us meet thus often and let us desire for more unselfishness, as there is nothing which stands so in the way for our inner freedom as that does; let us be eager to forgive and love one another as the most wonderful revelations will be given to us the moment our soul is ready to receive it. Let us not forget that there is no distance but we can be together as close as we ever were, for we will meet at the shrine of devotion. Let us understand that we can be as well in other spheres as this one; as soon as we learn that we need not be confined, and the minute we recognize that we are free that minute we are truly free.

Ramakrishna says that "it is the mind which makes us good or bad, honest or dishonest, innocent or guilty, bound or free, etc., and this shows that it is true that "as we think such we become."

Say as little as possible to those who are not awakened, about your experiences, but keep them to yourself until you are sure that it will benefit those to whom they are told. "Words in the right time are words of wisdom," and they are sure to benefit wherever they are spoken.

Do not deal with the physical phenomenons, as they will hold the mind in the lower channels. Do not read or study "in bulk," I mean much at the time, as it will confuse, and I am sure that those who take lessons of first one and so the other without practicing what they first studied will never learn by experience, as the different vibrations which they attract from the different teachers will confuse them, as no two can teach alike, but their teaching will be dependent upon their spirituality, and those who only teach the letter can never give the life which all students are more or less seeking. Learn a lesson well before you take another one, and by studying well one lesson at the time, one receives the power which is in the letter, but not until it has been studied over and over.

Never read a book from which you expect to learn something only one time, as the first time we only become familiar with the writing. Let us come close like children in a family, and love shall show us the way.

### The Star of the East and Its Mission.

Upon leaving America the 31st inst. for far away Australia, it is not out of the way to reflect for a few moments upon our little paper and its mission.

Many of our readers have perhaps not found much benefit from reading its pages, but it will be found

if this is the case that we have not as yet realized its mission, nor our own needs of the awakening of our inner self. The Star has tried to light the way for us to go higher by showing us that the Light of God is within. Endeavors have been specially made to give the truth as plain as possible, that people in all degrees of unfoldment might understand more readily the meaning of the message which it has brought to us from one month to the other.

We have strictly held to the fact that the plainer we give the most important truths the more readily they are applied, and all terms used which can not be easily understood by all should be omitted. This is the reason why we have not replied to certain "book-worms," who from time to time have requested of us to write upon other questions than such which directly concern us, as we have no time to lose by engaging in the discussion of subjects from which the mind of the majority can receive only partial enlightenment.

The mission of the Star is, and has been in the past, to give such information as can lead the hungry soul immediately to the "table of life," where it can be fed without waiting for such or other conditions.

There are people who study in all their lives, and know nothing when they asked for personal demonstrations of such knowledge as they claim they have acquired. There is one thing to know upon paper and another by experience. The message which our little Star brings is that of Universal freedom, Humanitarianism, Brotherhood, love and forbearance, and a salvation without Dogma, such as is worked out by ourselves, as Universal souls. And with this message it will come in the future, and thus lead the thirsty to the Well where the "Water of life" is given at all times to whosoever seek it.

We hope through our little messenger to keep in touch with all those who have found benefit from reading it, and we wish to say that when we leave the beautiful shores of America, the Star will have a wider message, as it will bring greetings from far-away people who are striving in their own way for the light which their souls long for, and thus a wider reach of communication will become its endeavor as we leave our friends in this country. We wish all to keep up their subscription in order that we might be in as close touch with you as possible.

We can not help but feel that our paper has been a comforter to many hearts heavy laden with sorrow and pain, and scores have written and told us so, and we know that it will be a help in the future for our students to be in touch with us, and thus we can sympathize with and help one another.

There is no higher honor than to serve and in that spirit the Star has been sent out from month to month to help and console those who are in darkness. The work done by the Star in behalf of practical concentration will continue, and we will receive more of the great truths as we are able to learn to do well in the smaller. You among our readers who have struggled in pain and sorrow, has not our messenger been able to give comfort? You who have

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been bereaved of those you hold dear, and grieve as "those who have no hope," has the soul not been able to speak to your heart between the lines in the Star that there is no death?

You who have felt lonely and forsaken, has our message not spoken to your soul and told you that you are never alone as you are all, and in all?

You, who have felt that you could confide in no one, has not the Angel for which the Star has paved the way through our message, been able to come closer to your soul and show you that confidence is only to be given one way and that is to go by yourself and in meditation pour out your sorrows, and God within you will teach you how to deal with all things, and thus you have received courage to go on for more Light?

If our little paper has been able to do but part of all this, it has filled its mission well, and the purpose for its coming among us has not been in vain.

Thus in reflecting upon the past and the work for which the Star was sent among us, we are reminded of that the quickening of our souls which it has endeavored to effect will more and more recognize that it is soul which speaks to soul, through its pages, thus conveying to us Life is God, and Love is life; that we must lay aside everything which has the effect of clouding our understanding of this fact.

By our little messenger we will become drawn closer together and as it shall come from afar each month to give you spiritual food and information of countries we shall visit and the missionary work which is our special purpose to do in India among the starving Hindus.

It will bring spiritual help as far as possible, and also give information regarding material and spiritual advancements in various places where we shall go. Do not miss the resubscription before we go, as it will be better for all concerned to make subscription on this side of the Pacific, although all mail sent to **J. S. Warner, Manager of the Star of the East, Sydney, Australia,** will reach us.

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### To All Students and Readers of Our Star.

We earnestly ask that all our students meet in thought once a week at least for the benefit of the work which we now are to begin, for our suffering sisters and brothers on the other side of the Pacific, and those who can afford it, send what mite you can to the fund, which we shall begin as soon as we reach our destination, which will support the work in India, as there are no resources, and I am sure that God will bless you for such gifts. Let us keep closer together in mind and soul and let brotherly love so warm us up that we become inspired to do here and elsewhere all we can for humanity, and "the Light of the Star shall lead us."

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### A Few Words of Greeting, and Au Revoir.

**To my Friends, Students, Readers and Listeners** throughout the entire country of the United States, where I have spoken and taught during the past years:

As I am about to leave the shores of beautiful America for other far-away countries I would dearly love to have a little soul to soul visit with you and tell you how thankful I am that we have met, spoken, and understood. Having wandered through this and other countries for the purpose of delivering the message of freedom and truth we perchance to meet, and the meeting, I feel sure, has given all of us something which will help us in our struggles for higher consciousness, as nothing happens which is not for a purpose. It was not a mere chance which caused us to meet, speak and listen, and also be together to study the great law of our Universal and eternal exuberance to exchange life, power, and personality, which takes place during all meetings, larger and smaller.

I devotedly love the human soul, as I know that it is soul of my soul and body, of my body, and what I do for the race I do it for myself, and this devotion makes me feel that I can not leave in silence, but send out this love upon paper to whosoever it can reach, that the external senses of my friends become conscious of the fact that the work which I have done for the American people and the welfare of their soul has been a love feast to me, as I have been more and more stimulated to greater action the more tribulations I have had to go through in order to perform it, and I am stronger today, soul, mind, and body, than I was the first time I set foot upon the shores of Columbia.

Each place I have visited throughout this great country I have come by the command of the soul from within, and the work I have done has been done by the dictation from the same source, and I have seen that it has gone from soul to soul, and thus multitudes have been fed by the gospel which has been delivered by me, the humble child in the vast field of human life.

My work is my life, and I love it as dearly as I love the truth it expresses, and each time I have spoken this love has gone out to those who have listened, and I know that they have felt it, as most of the times they have told me so.

Our journey is to be a tour of service, as the different countries we shall visit we do so for the purpose of creating sympathy and help for the starving children of India, and also to give the message of freedom and Universal co-activity for greater spirituality.

From this country we go to Sydney, Australia, and we intend to visit all the principal places in that country and New Zealand; also Japan and China. As soon as we have sufficient funds we intend to go to India and place ourselves to the service of men, women and children by personally showing them the blessings of cleanliness, and thus teach them the utility of resources which they might have but do not understand to take advantage of.

Our return journey will take us through the Mediterranean and the countries near it, and we shall feel it a privilege to see and visit Jerusalem, and we continue through Europe and Scandinavia, etc.

I say this that my friends and sympathizers might

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know the great object and thus they can give us their good thoughts and loving co-operation.

We would ask of our students in the different states of this country to concentrate their minds for our work, that we might meet with sympathy and willingness to help humanity.

We shall give description of the countries and people as we go along in the Star, so that all who receive it might know where we are and what we are doing. I send my soul's gratitude to all I have met in this country for the love and devotion they have given me, and my work, and I am thankful for the privilege of coming to this wonderful land to see its shores, hear the birds sing, the winds whisper Unity, and also seeing the smiles of the blossoms, and thus learning the lesson God in all this has taught me.

There is no parting, for all is in all, soul is of soul, and the God is all. I would ask of all my students to practically learn the lessons which we have studied together, and we shall unfold and live of their power and thus become free from the bondage in which we have been held in the past. Freedom, wonderful power, thou who takes man through every darkness and difficulty and places him upon the solid rock of Universal truth on which his house is built forever.

My parting greetings to all the loved ones with whom I have been in contact I can best express by giving a poem from the pen of the great Swami Vivekananda, entitled, "Song of the Sannyasin" (Renunciate of the World) :

"Wake up the note that had its birth  
Far off where worldly taint could never reach;  
In mountain caves, and glades of forest deep,  
Whose calm no sigh for lust, or wealth, or fame,  
Could ever dare to break; where rolled the stream  
Of knowledge, truth, and bliss that follows both,  
Sing high that note, Sannyasin bold, say—

"Om tat sat Om."

Strike off thy fetters: Bonds that bind thee down,  
Of shining gold, or darker baser ore;  
Love, hate—good—bad and all the dual throng.  
Know slave is slave, caressed or whipped, not free;  
For fetters tho' of gold, are not less strong to bind.  
Then off with them, Sannyasin bold: Say,—

"Om tat sat Om."

Let darkness go; the will-o'-the-wisp that leads  
With blinking light to pile more gloom on gloom.  
This thirst for life, for ever quench; it drags,  
From birth to death, and death to birth, the soul.  
He conquers all who conquers self. Know this,  
And never yield, Sannyasin bold: Say,—

"Om tat sat Om."

"Who sows must reap," they say, "and cause must bring

The sure effect; good, good; bad, bad; and none escape the law.

But whosoever wears a form  
Must wear the chain!" too true, but far beyond  
Both name and form is Atman, ever free.  
Know thou art that Sannyasin bold: Say,—

"Om tat sat Om."

They know not truth, who dream such vacant dreams  
As father, mother, children, wife and friend.  
The sexless Self. Whose father He? Whose child?  
Whose friend, whose foe is He; Who is but one?  
The Self is all in all, naught else exists;  
And thou art that Sannyasin bold. Say,—

"Om tat sat Om."

Where seekest thou? The freedom, friend, this world

Nor that, can give. In books and Temples vain  
Thy search. Thine only is the hand that holds  
The rope that drags thee on. Then cease lament,  
Let go thy hold. Sannyasin bold. Say—

"Om tat sat Om."

There is but one—The free—The Knower-self.  
Without a name, without a form or stain;  
In Him is Maya (Illusion) dreaming all this dream.  
The witness, He appears as nature soul.  
Know thou art that Sannyasin bold. Say—

"Om tat sat Om."

Have thou no home. What home can hold thee,  
friend?

The Sky thy roof, the grass thy bed; and food  
What chance may bring, well cooked or ill, judge  
not.

No food or drink can taint that noble self  
Which knows itself. Like rolling river, be  
Thou ever free, Sannyasin bold. Say—

"Om tat sat Om."

Few only know the truth. The rest will hate  
And laugh at thee, great one; but pay no heed.  
Go thou, the free, from place to place, and help  
Them out of darkness, Mayas veil. Without  
The fear of pain or search for pleasure go  
Beyond them both Sannyasin bold. Say—

"Om tat sat Om."

Say "peace to all. From me no danger be  
To aught that lives; in those that dwell on high,  
In those who lowly creep, I am the Self in all.  
All life, both here and there, do I renounce,  
And heavens, earths and hells; all hopes and fears."  
Thus cut thy bonds, Sannyasin bold. Say—

"Om tat sat Om."

—Swami Vivekananda."

"Om tat sat" means absolute knowledge and bliss,  
etc.

Let us strive to reach the state of the Sannyasin  
and we shall realize true happiness, while we struggle  
let us make the best Karma possible for tomorrow.  
With much peace, Aurevoir.

Yours with love,

SISTER AVABAMIA,

Known in the past as May E. Stevenson.

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Address all mail that may reach us before Jan.  
30th to J. S. Warner, Mgr., Box 1340, Seattle, Wash.  
After that date to J. S. Warner, Mgr. "Star of the  
East," Sydney, Australia.